

# Monja

Barranco de la Monja, Las Lajas

<b>Info: The quality of this description has not been checked yet or was rated bad.</b> If you know this canyon, please check this description and file a report with a rating for this description using <i>Reports</i> -> <i>+New Report</i> . Should you notice any error, please let us know or join the community in order to fix this description yourself.		
<b>Create:</b> 2023-11-20 21:13:36	<b>Update:</b> 2026-03-31 10:45:21	<b>Print:</b> 2026-05-02 03:05:13
<b>Country:</b> España / Spain <b>Region:</b> Canarias / Canary Islands <b>Subregion:</b> Santa Cruz de Tenerife <b>Town:</b> Buenavista del Norte		
<b>Difficulty:</b> extreme difficult	<b>Grading:</b> v7 a5 V	<b>Total time:</b> 5h25
<b>Approachtime:</b> 25min	<b>Tourtime:</b> 5h	<b>Returntime:</b> 0min
<b>Altitude entry:</b> 515m	<b>Altitude exit:</b> 0m	<b>Delta Altitude:</b> 515m
<b>Canyon length:</b> 850m	<b>Highest rapell:</b> 300m	<b>Amount rapells:</b>
<b>Transport:</b>	<b>Rock type:</b>	<b>Drainage area:</b> km <sup>2</sup>
<b>Season:</b>	<b>Orientation:</b>	<b>Best Time:</b>
<b>Rating:</b> ★ 2.6 (1)	<b>Info:</b> ★ 0 ()	<b>Belay:</b> ★ 0 ()
<b>Specialities:</b>		
<b>Gear:</b>		
<b>Summary:</b> (machine translated) It is the most extreme canyon in Tenerife.		
<b>Hydrology:</b>		
<b>Access:</b> (machine translated) In Teno Alto, turn right onto the first dirt road to reach the small road to La Mulata, then turn left and park a little further on near a cattle farm (cows). About 2 km from the crossroads in Teno.		
<b>Approach:</b> (machine translated) From the corral, follow the dirt road to the right and then turn left into a fork. Then walk on sight through the hills until you reach the beginning of the canyon.		
<b>Tour:</b> (machine translated) It is the most extreme canyon on Tenerife. The beginning is very varied, with moderately difficult rappels and beautiful rock formations. The end is a 300 meter high waterfall with an intermediate ledge. There are 14 rappels in total. The large waterfall is divided into 6 parts: 46 m + 50 m + 60 m + 16 m and after the large ledge 40 m + 82 m. At the first rappel of the large waterfall step you have to swing 6 meters, orographic left, at the next rappel you have to swing 3 meters to the right.  - Very technical canyon. Strong friction on the ropes. - Pay particular attention to the swell: the sea must be very calm so that you can swim to the boat. Find out about the sea conditions and consult with the boat driver. - Beware of strong winds during the last rappel, risk of the ropes becoming entangled. - Inform yourself thoroughly about the regulations of the Teno Park		
<b>Return:</b> (machine translated) There is no land route for the return journey. It is essential that you are picked up by boat: You must therefore book a boat first. There are three different options for the way back: Punta de Teno, Buenavista del Norte or Puerto de los Gigantes. A5 for the distance you have to swim in the sea to the boat. A1 for the canyon.		

**Coordinates:**

Canyon Start [28.3606 -16.8869](#)

Canyon End [28.3648 -16.8872](#)

Parking at Entry [28.3530 -16.8867](#)

**Reports:**

2023-03-09 | System User | ★ ★ | 📖 | 📍 | |

Daten importiert von <https://www.descente-canyon.com/canyoning/canyon/24116/Monja.html>